



The Northern Lights

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North Central High School, 1801 E. 86th Street, Indianapolis, IN 46240

Friday, October 23, 1987



The speech team officers will help guide the team towards its competitive goals.

Prelude Awards showcase talent

by Jason Fruits

The finest performing and creative arts students at North Central are preparing to participate in the Prelude Awards Competition. Preliminaries are being held now and the Grand Finals will be held in January.

On October 21, North Central students took the first step in performing at Recital Night. Finalists in

instrumental music were Jon Crabiell, Melissa Gregory, Michael D. Miller, Dennis Park and Derek Reeves. Eric Owens, Donna Robb, Christina Tyson and Katie Wanzer competed in vocal music. Emoting in the drama area were Heather Cook, Mark Fleig and Steven Oreste. Preparing visual art were Kris Cerola, Scott Engel, Martina Nehrling and Scott Theisen. Dzintra Brugman and Jennifer Clippinger competed in dance. Jill Fitterling, Sheri Van Reken and Jennifer James performed as non-finalists.

The next level of competition will be held January 9 at various sites throughout the city. From the 96 students in the preliminaries, 24 students (four in each art division) will be judged on January 29 in the Marion County finals. The Children's Museum will host the finals and the award ceremony the next day.

Finalists are still being selected in the creative language arts. All North Central finalists are working hard perfecting their art in hopes of being recognized as one of the finest creative artists in the city.

In Brief

Fall Recess is Thursday and Friday, Oct. 29, 30.

Friday, October 30 is the deadline for registration for the November 7 SAT/Achievement Tests to be administered at NC.

Halloween falls this year on Saturday, October 31. Happy Trick-or-Treating!!

Speech team aims high

by Gail Paik

At North Central, there are many ways to get involved in school activities. One way is through the Speech and Debate team.

The Speech and Debate team differs from other teams in the fact that its schedule is very flexible. This team takes into account that many of its members are involved in other activities and may have little spare time. The team does not have daily practices and does not require its members to attend all the meets.

The members are requested to only come to the meets they can attend. The practices are left up to the individual. The individuals are given the responsibility to find Mr. Fruits, coach, or Mr. Martindale, assistant coach, if they need or want help.

With this kind of program, the

NC team may not always be very competitive in all its meets but at sectional and regional, the full team is present. This year the team plans to do better than last year of winning sectional and regional and qualifying one for national. Their goal for the year is to qualify more people for the nationals.

The team is strong in the category of student congress. In this category students defend a side of a piece of a legislation. The team hopes to qualify people for the nationals in this category.

Other topics that students can compete in are Lincoln/Douglas Style Debate, Extemporaneous, Impromptu, Discussion, Radio, Humorous-Dramatic Interpretation, Original Oratory, Poetry Reading and Duo Interpretation.

At a speech meet there are four rounds for each event. In each

round the individuals compete against different people and are ranked in each round. After tabulating all the points the winners are announced.

The officers of the Speech and Debate team are as follows: Mike Mattler, president; Jason Fruits and Hal Rodenberg, Co-vice-president; Mike Lieber, secretary; and Maseer Bade, treasurer.

Maseer, Mark Fleig, Jason Fruits, Mike Lieber, Tayna March, Mike Mattler, Hal Rodenberg, Josh Uffman, Charles Wong and Pai-Ling Yin are a few of the active members of the speech team.

Anyone interested in joining the Speech and Debate team need to see Fruits in D719 or Martindale in room A506. Everyone is welcomed to join. Mattler explains that it is never too late to join.

NC student to tour with "Up With People"

by Marla Burt

There is a wide variety of talent within the NC student body. Aside from academic honors, NC students gain recognition in many other areas. Mike Lantz, a senior, has recently had the honor of being made a member of "Up With People."

In general, "Up With People" is "the international, educational, cultural organization which aims to encourage understanding among people of all nations," Mike explains. He went on to describe how

"...people are the most important part of the world."

the group visits nursing homes, jails, schools and children's hospitals. They aim to "break down barriers... They believe that everyone can be friends in the world."

Mike had been hearing much about the organization since his freshman year when they visited Riley Hospital. In September, "Up

With People," sponsored by The United Way, visited Indianapolis. They held an interview day for prospective members. "You don't have to have any musical talent... That is not their main focus," commented Mike. The cast members ask questions and make their decisions by the interview only. Mike explained that they base decisions on "enthusiasm, maturity, experiences in life, and views on different aspects of life."

Mike will be a member of the cast from July 1988 until July 1989. He will be taking a full year off from college to tour with the group. It is guaranteed that Mike will travel in at least two continents, North America being one. There are five different casts of "Up With People," consisting of about 110 members each. Ages of the members range from 18 to 25.

"Up With People" is a program of "community involvement." It began in 1968 and since then, "nearly 10,000 young men and women from 55 nations have participated and toured throughout six



Mike Lantz looks forward to his world-wide travels.

continents," said Mike. He states the group's main belief as being that "people are the most important part of the world... they need to get along."

Editorial

Where are the Modern Heroes?

by Andrew Libby

While reading a recent poll, I came across a startling consensus. The American public had decided that Madonna, Oliver North and Michael Jackson were the heroes of our society.

Needless to say, this discovery caused me to ask, Are they really heroes? What makes them heroic? Are there any other heroes in our society? One reason given in the poll why these three are so admired is because they have been able to make a great deal of money.

Undoubtedly, the heroic concept has changed but to fully understand this change, a definition of hero must be given.

In the classical sense, he was someone who embodied the morals and values of his society and had accomplished deeds which made him esteemed and admired by his people.

Achilles, Ulysses, Beowulf and Charlemagne are examples of a hero in this sense. Their courage and strength were revered by their people and they all accomplished great military acts upon which the fate of their society rested. This concept underwent a slight change

in 18th and 19th century America. Heroes of this era were men like George Washington, Thomas Jefferson and Abraham Lincoln whose courage was still esteemed but who also demonstrated a moral courage which was evident on the political front as well as the battlefield.

By their actions, all of these men reflected the society in which they lived. The question then, what sort of picture of our culture can be drawn if our heroes are Michael Jackson, Madonna and Oliver North. It shows a society that is completely controlled by money, materialism and deceit.

This article is not a personal attack on any of these people, yet I have decided to reject America's choice of these people and others like them as my heroes. Instead, I will look elsewhere for people like Mother Theresa, who helps the starving in India, or Dr. Martin Luther King Jr., who fought for civil rights, or Neil Armstrong, who pioneered America's conquest of space as my role models.

People like these, committed to a cause, self-sacrificing, and working for the betterment of society, they are today's heroes.

The Northern Lights

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Committed to the Persian Gulf

by David Leonard

The war between Iran and Iraq, now in its ninth year, has transformed the Persian Gulf and the area surrounding it into the most war-torn region in today's world.

Every day, without fail, news of further acts of war, like sunk ships or bombed cities, are reported from the Gulf. Not coincidentally, the United States has an enormous naval contingent, amounting to tens of thousands of men, committed to the Persian Gulf area.

The reason behind this involvement is oil. Without oil, this world would cease to function as we know it. A great amount of the world's oil is pumped from the countries surrounding the Persian Gulf and then shipped through the Persian Gulf, through what used to be some of the busiest shipping lanes of the world. These lanes must be kept open and unimpeded if the world is to keep functioning as it is today.

Opponents of U.S. involvement in the Persian Gulf will point out that while, according to the Congressional Research Service, approximately 29% of Western Europe's oil and roughly 55% of Japan's oil comes through the Gulf, only 6% of the United States' oil is from the Persian Gulf region.

Most people would then inquire as to why, if such a small percent of U.S. oil imports are from the Persian Gulf, has the United States committed such a costly military force to the region? There are two major factors which must be considered when asking this question.

The first factor is the world economy and how it would be affected if the Persian Gulf oil supply were to be cut off. Europe and Japan, because they are so dependent on this oil source, would be first and most adversely affected. Economic havoc would be the rule in these countries. Then a certain domino effect would ensue. Trig-

gered by the economic downfall of Europe and Japan, the world would plunge into a depression. Oil prices, because of the decreased availability of this commodity, would skyrocket. Who can guess the gas prices? Four or \$5 per gallon? There is no one who would be happy with these conditions.

The second reason the U.S. must commit to this region is that the Soviets must not be allowed to grab their long-desired warm-water port. With U.S. naval strength in the area, the Soviets will be less tempted to find an excuse to forcibly move into Iran and claim land.

In conclusion, U.S. involvement in the Persian Gulf is essential to keep the oil flowing to the West, and thus keeping the world economy intact. If the oil were to be cut off, everyone in America would feel the effects.

Get our boys out of the Gulf!

by Mike Mattler

With the Western world's oil supply at risk due to the crisis in the Persian Gulf, the United States has stepped in as policeman in efforts to keep the oil flowing. This policy is unwise because of the potential danger it creates, and steps must be taken to reduce the U.S. role in this volatile region.

Although the United States does have some responsibility to its allies which are highly dependent on Persian Gulf oil, it certainly can't be expected to do all of the work and take all of the risk as it is currently doing. Let's face it, the once war-torn Europe has recovered, and the time has come for it to stand up

for itself. No longer can we afford to fund the exorbitant cost of defending our allies while they pour money into their industries and crush us economically.

The United States receives less than 10 percent of its oil from the gulf region. For Western Europe and Japan, that figure is between 40 and 80 percent. Therefore, when servicemen are called on to risk their lives in the dangerous Persian Gulf waters to keep the oil flowing, they should be British, French, German and Japanese servicemen, not American. The time should not come when parents of American soldiers are told that their sons died because

their government didn't have the courage to tell its allies to protect their own oil interests.

Even if our allies are unwilling to commit themselves militarily, they should definitely be forced to commit themselves economically. Although we may insist on playing the role of world policeman, we certainly should not be footing the bill for the protection of other nations. Even so, all the money in the world is not just compensation for American blood unjustly spilled. The United States government should take any and all necessary steps to keep this from happening.

CAPITAL PUNISHMENT

Should the Government Put Murderers To Death?

YES

by Paul Matthew Yonover

Since the dawn of mankind, man has done injustice to man. Punishment is the result of such injustices to compensate and offset these wrongdoings. One of the oldest forms of punishment, capital punishment, is still in use today in the United States.

Is punishment by death for certain crimes permissible and morally and ethically correct?

In this particular case, there are many people in, and outside of, the United States who are strong advocates of the death penalty.

"It (the death penalty) is morally required as the only appropriate punishment for such crimes," said Professor Walter Berns, President Scholar, American Enterprise Institute. He cited "heinous forms" of murder and rape as some of the crimes that fall into this category. They feel that one who commits such a terrible act, such as the slaying of innocent people, is not deserving of life. One proponent stated that any cold-blooded murderer has forfeited his/her right to live.

In this country, one has the freedom to do as he wishes. However, this freedom is not absolute; once his rights interfere with the rights of others, his freedom stops. In the case of murder, one has obviously crossed the border by committing homicide, and therefore his right to live should be taken away. Why should the murderer be allowed to live when the murder victim was not allowed to live and had no choice in the matter? Those opposed to punishment by death point to a clause in the Eighth Amendment which prohibits the government from inflicting cruel and unusual punishment.

Not so, says the Supreme Court, which has disagreed and stated that capital punishment was indeed not cruel and unusual.

In an emotional essay, the Honorable Ed Koch, the mayor of New York City, listed several strong reasons why there should be capital punishment in this country. He responded to the objections that others have raised.

Mayor Koch points out:

- "Life is indeed precious, and I believe the death penalty helps to affirm this fact."
- The condemned person is put to death painlessly.
- Of the 7,000 executions to have taken place from 1893 to 1971, NONE have been proved to have been of innocent people.
- "Human life deserves special protection, and one of the best ways to guarantee that protection is to assure the convicted murderers do not kill again."

Concerning his last statement, Koch states that in New York City, of the total number of arrests for homicide, 85 people had been previously arrested for murder. He also cites the fact that the median time in jail for a murderer was just 2.5 years. That, many feel, is just one more reason why convicted murderers should be put to death.

Teens on Death Row

NO

by Tanya Marsh

In the prisons of America over 2,000 inmates sit waiting on death row. They are the center of a great debate. A debate that is, to them, a question of life or death.

Capital punishment has been debated for over 200 years with no end in sight. According to its opponents, capital punishment is morally wrong because the government should not have the right to, in essence, murder human beings. One strong argument against the death penalty is that it is racially and economically biased. The final objection is that capital punishment is not a deterrent to crime.

What is capital punishment to those who oppose it? To lawyer Michael Meltsner, it is "the pre-meditated killing of human beings by the government." The American Civil Liberties Union calls it "cruel and unusual punishment."

The opposition agrees that capital punishment is morally wrong. To the critics, the death penalty ignores the sanctity of life.

In 1983, John Louis Evans, a convicted murderer, was executed in the electric chair by the state of Alabama. After not one, not two, but three jolts of 1,900 volts of electricity, Evans was pronounced dead. According to an Amnesty International report, the first jolt of electricity burned through the electrode on Evans's leg. The second jolt caused smoke and flames to erupt from his leg and temple. The third jolt was administered after doctors reported that they were not certain if Evans was dead or alive.

After this incident Amnesty International expressed their concern that the death penalty "inflicted not only prolonged suffering but cruel and unusual punishment."

The ACLU opposes capital punishment because it is biased against "the poor, the uneducated, and members of the minority communities." They back up this argument with the fact that since 1930, 3,859 Americans have been executed. An astounding 54.6% of those receiving the death penalty have been black, while blacks only make up 12% of the American population.

The ACLU also points out that the poor have a great disadvantage because they cannot afford to hire a major law firm to argue their case. Instead, the government hires a lawyer for them who may have little experience and lack the resources necessary to fully investigate the case.

Capital punishment has not been proved to be a deterrent to crime. In fact, according to U.S. Department of Justice statistics, the crime rate has slightly risen since the death penalty was reinstated by the Supreme Court in 1976.

Over 2,000 American lives are on the line as debate rolls on. Opponents to capital punishment assert that it is morally wrong, racially biased, economically biased, and not a proved deterrent to crime. In the words of Hugh Bedau, author and professor, "Our first responsibility is to... ensure that they (inmates) receive individual justice under a fair system of laws. This cannot be achieved by executing them."



which the state handed down to her.

Should juveniles be excluded or executed under capital punishment laws?

In light of all of the recent attention being placed on Indiana's statutes, Gov. Robert Orr has signed a bill raising the age of the death penalty from 10 to 16.

Note: The Insights Page is not an editorial page, and in all fairness and in accordance to proper journalistic practices, both sides of an issue are presented. The views of a "pro" or "con" article are not necessarily the personal views of the writer(s). Comments about the page are welcome.

Feature

The Pick-up Artist

by Brad Evans

Some of the funniest, strangest and most embarrassing situations seen among teenagers today are generated and brought out during the "dating process."

In an attempt to allow some of these situations to surface, we took a poll of various North Central students, asking them to reveal some of the worst pickup lines which they have either tried or had tried on them. The results show:

1. "So what time should I have my dad swing by?" (Remember that one from middle school?)

2. "If you've got the money, honey, I've got the time!" (Sorry Willie Nelson, but women just aren't the same as they used to be.)

3. "You are so beautiful and so nice and so great" (Many comments were made referring to the guy who over-compliments. One such comment was, "Ricky Schroeder does that and he makes me puke!")

4. "Do you know Tom? Well, he wants to go out with you." (This may have worked great when we were younger, but now love just seems to lose a little something when being expressed through a messenger.)

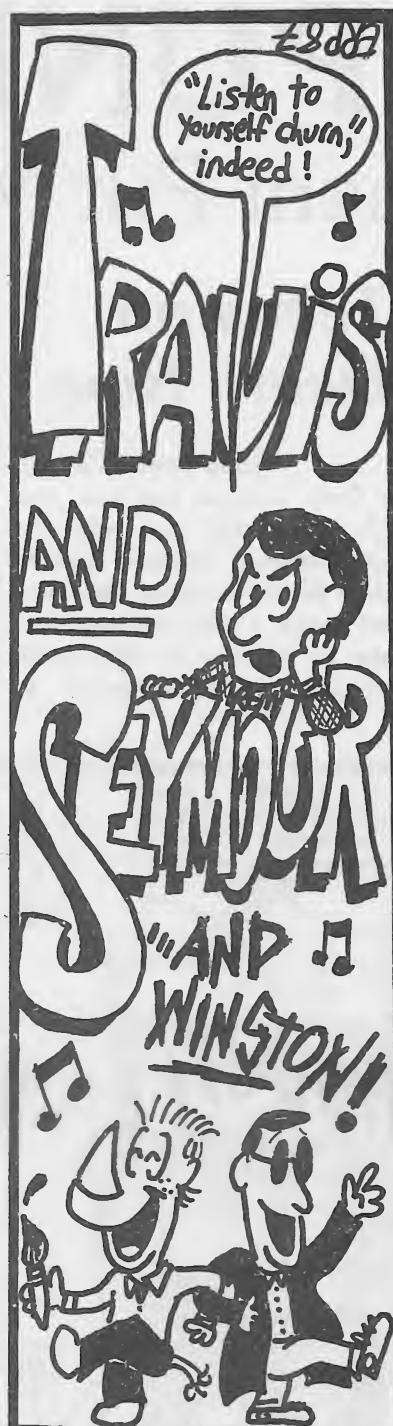
5. "I love You!" (Normally girls love to hear this, but from those polled most of the girls said that the only time they ever hear it is when the guy is drunk. They said that since he is drunk when he tells them, they feel he is being insincere, and that turns them off. Maybe guys should pay a little more attention to Jenny Daniels and a little less to her brother Jack.)

6. "I could lend you my extra skateboard for Friday!" (Only in the '80s would you see something this original. Very few girls want to ride skateboards and dirt bikes on dates anymore. I just can't figure out what is wrong with women today.)

7. "We could make beautiful music together, baby" (The girls' response to this line was, "does this mean he's going to buy me a stereo?")

8. "YEEOWW" (This sounds more like a wild boar in heat than an eligible date, yet, nonetheless, some men claim that it's "the only way to go")

Dating can be a trying time for all of us, and even though that first step can sometimes lead to disaster, still we must march on. Just remember that in the end it will always be, "boy meets girl, and boy goes out with girl."



Student Focus

Student Focus... a focus on the people around you and what they think about themselves, their school and their world.

Bridget Graham, junior

If you were to risk your life for something you strongly believe in, what would it be?

I would love to join Greenpeace and accompany them on their sometimes life-endangering excursions to help preserve wildlife and the environment.

Who is the most important person in your life?

At the risk of sounding egocentric, I hold that position for the time being. I think that I have to be introverted and explore my own capabilities before I can turn outside and bond with others.



What's the most interesting thing you've done?

I don't like to use the superlative about my life. I've tried to pursue anything and everything that interested me (like going to Russia, riding in rodeos, hiking in the Grand Canyon, seeing how many people would fit into a VW Bug (22)...



Patrick Mulry, sophomore

If you could go anywhere in the world, where would you go? Why?

I would really like to go to Australia—partly because it's so far away and different, plus I would not have to learn a foreign language to get around there.

If you were to risk your life for something you strongly believe in, what would it be?

God, basketball season, and the University of Notre Dame!

T Hi, I'm Travis.

S Hi, I'm Seymour. Today we are reviewing the newest album from R.E.M., "Document."

T We needed a little expertise on R.E.M., so we called in a little expert, Winston the Funky Rhino.

W How's it going, guys? I heard you wanted a little advice.

S I don't know about this, Trav. After all, we're taking the word of a horned jungle beast here.

W So is your mother.

T Alright, guys, let's get started. The album kicks off with "Finest Worksong." What's that song about, Winston?

W I don't know. What is that song about?

S It's about three minutes.

T Moving right along. Here we have a song called "Exhuming McCarthy." It makes a powerful statement about blind patriotism and unjust persecution... I guess.

W Sounds good to me. How about you, Seymour?

S Yeah, right. On "Strange" we have what could be called a return to R.E.M.'s garage band roots. The song has a gritty, raw air about it.

W Actually that song was originally done by the 1970's punk band Wire.

S Great, so now the three-toed herbivorous mammal here is a Rock and Roll historian.

T This next song is one of the jammingest songs on the album. It's called "It's the End of the World as We Know It (And I Feel Fine)." What a great title!

S With the rapid fire references and rhymes, this song could be called R.E.M.'s answer to rap.

W You be illin'. Hey Trav, let's dance! (Winston and Travis dance about the room in glee).

S Could you guys keep it down? My mom is downstairs and I'm not supposed to have pets in the house.

T This song really has some great lyrics in it, "Eye of the hurricane/listen to yourself churn."

S I'm listening to myself churn and I don't hear a thing.

W You must be listening to yourself think.

S That's it, I quit. You can just change the name of this column to "Travis and Perissodactyla."

T You'll have to excuse Seymour, he's taking zoology this semester. Tracing his family tree, no doubt.

S Yeah, ha ha. Getting back to the album, the next song is "The One I Love." This is the song they released.

T Although this is an OK song, it sounds as if it would be more appropriate on a Mister Mister album.

S The album gets progressively weirder and more like R.E.M. toward the end of the second side.

T So, Winston, how do you think this album compares to earlier R.E.M. efforts?

W Well, to be honest with you, I had never heard of R.E.M. before today.

S Some expert you are. I think this is a worthwhile purchase for any rock and roll fan.

T I agree, this is the sort of album that gets better the more you listen to it. So until next week, Stay clean.

W Or don't.

S Hey, that's my line!

Travis and Seymour hunt rhinocerotidae with Joel Palmer and Christian Ruch.

Who do you think invented the shoelace?

Any comments?

Nope. None. Zilch. Zero.

The person that invented the shoe. Who do you think invented the plastic thing at the end of the shoelace?

What is your greatest accomplishment?

Winning three triathlons—the Devon Triathlon twice and the IUPUI Triathlon once.

**If you would like to have your name and picture in the paper by contributing your thoughts and ideas leave a note with your name and homeroom number in the newspaper office (G609), and we'll get back to you as soon as possible.

Girls' swimming heads into sectionals

by Steve Campbell

The North Central girls' swim team is in the midst of another rebuilding season. The girls are trying to improve upon last season and also trying to have the same success that the team has had before.

The year can be called a rebuilding season because of the fact that this is a very young team with only two seniors. These seniors are team co-captains Gail Paik and Susie Butterworth. Paik, a butterfly and sprinter, has been swimming varsity for her entire four years at NC. Butterworth is currently in her second year on the team.

The team is also led by many younger juniors and sophomores. One outstanding junior is Meggan Bovitz. She has been constantly swimming excellent times and will be a fine leader in the future.

Bovitz swims the backstroke and is also a long distance swimmer.



Sara Chambers comes up for air as she swims against Lawrence Central. Photo by John Keenan

Other members include Caryn Clinger, freestyle; Kristin Druckemiller, all-around; Beverly Mahoney, breaststroke; Lori McBroom, freestyle; Sara Chambers, butterfly; Danielle Kovach, breaststroke; Alicia O'Brien, freestyle.

The team hopes to return to the successes that they have had in past years. Last year, the medley relay team consisting of Gail Paik, Sara Chambers, Danielle Kovach and graduate Michelle Yaw won the county championship. Last year NC had several county and sectional champions and even some state finalists. Junior diver Debbie Williamson won county as a freshman and has since been showing great talent in her diving.

The team in years to come will greatly be helped by the combination of today and tomorrow's experience due to the outstanding young swimmers they have today.

Tennis championship streak ends

by Brett Henry

All good things come to an end at some time or another. This is the case of the boys' tennis team's five consecutive state titles streak, as the team lost to Carmel in the first match of the sectionals.

The top-ranked Panthers were defeated 3-2 by the second-rated Greyhounds in a tough battle. The

match, played on a rather cold fall morning, evened the season dual record between the arch-rivals at one match apiece.

North Central Coach Byron Buckley looked at the bright side of the match. "I was proud of our guys. Carmel is a very good team and they played real well. But I was proud to see our kids come

out and play so hard."

The Panthers won two of the three singles. Junior Tom Wiese at the number two spot and number three Tim Fletchall both pulled out very competitive three set victories. The one setback came at the number one singles position, in which junior David Held lost a hard fought match to Carmel's Rick Witsken.

In doubles play, both NC duos were defeated by the Greyhounds in close confrontations. Both the number one doubles, composed of Tag Birge and Marty Hill, and the number two team of John Baxter and Michael Ricafort, were beaten in lengthy three set matches.

Despite the loss, the Panthers ended the regular season undefeated, with a record of 14 wins and no defeats, and as the state's number one high school tennis team.

Although the team loses four seniors, Rob Griffith, Brent Rubin, and starters Fletchall and Hill, they should be back as a strong contender next year. The Panthers will return eight players, including three juniors, four sophomores, and one freshman. "Our expectations are high for next season," remarked David Held. "We will be back again for number 10."



Tom Wiese's three-set win was not enough to propel the Panthers over Carmel in the sectional.

Standing behind the Mike

Will the real North Central Panthers please stand up?

Will the real North Central Panthers please stand up?

Tonight marks the beginning of the football sectional, but, despite having watched the team all season, Panther fans have no idea what to expect from their squad as it faces Ben Davis. Coach Pappas' team has been marked this season by inconsistency, and this has instilled a nervous fear in many that the Panther season could end tonight.

Without doubt, the team has looked very good at points this season. Against Carmel in the season opener, the passing combination of Craig Knox to Tony Rice led an explosive offense which was ably supported by a stingy defense. At that point, hopes were high for a banner year. Even after suffering their first loss of the year at Ben Davis, the Panthers had seemingly rebounded after playing a nearly flawless first half the next week against Chatard.

At halftime of that game, however, Dr. Jekyll turned into Mr. Hyde. What followed were six quarters of football which bordered on pathetic. During this stretch, North Central was outscored 55-3 and watched its record fall to 2-3. The mistakes made seemed to be basically mental ones. For some reason, the team either lost concentration or just stopped caring. As a result, the once fierce Panthers became little more than pussycats.

So the question still remains as to which team will show up to face Ben Davis tonight. If it is the fiery-eyed group that whipped Carmel and vaulted as high as fifth in the polls, then North Central fans can expect to see one war of a football game. Ben Davis was not that much better than the Panthers in their first meeting, and, despite the Giants' success this season, they are certainly a beatable team.

Only the team itself can decide in which form it will take the field this evening. There are no second chances in the state tournament. One can only hope that the concentration will be there, and that the effort put forth is one of which North Central can be proud.

"MIRRORS NEVER LIE"... OR DO THEY???

"Mirror, Mirror, on the wall, who's the fairest of them all?" Wouldn't it be nice if we all had the self-assurance of the evil queen in "Snow White and the Seven Dwarfs?" For most teenagers, "the fairest of them all", is probably not the first thing that comes to mind when they look in the mirror, but something more like, "Oh, my! Where's my Oxy?"

But, it's more than just acne that's troublesome for teens, it's a feeling of complete inadequacy that makes every look in the mirror a painful experience. The teen years are a transitional phase when one isn't exactly sure who he is or where he stands. Most people can't identify with the covergirl face or the guy staring out from the pages of GQ. Often times it's not even these people that are envied the most, it may just be the person at the next table with the longer legs, broader shoulders, bluer eyes or whatever it may be. It's hard to accept ourselves when we see things in other people we think we like better.

Now consider for a moment a common occurrence. A friend says, "Hey, that really looks good on you" or "I like your hair that way." The immediate reaction would be, "You've got to be kidding." Initially, on the inside, the compliment may have felt flattering, but doubt quickly sets in. It seems we automatically assume anything negative about ourselves is right, but anything positive is questionable.

Does that tell us something? Maybe we judge ourselves too harshly? Wouldn't it be nice if for one day we could see ourselves through the eyes of others? We might be surprised at how good we look. Remember, mirrors never lie, but sometimes our eyes do.

Here are some things to keep in mind the next time you look in the mirror:

1. It might be interesting to know that fluorescent lights (the kind in the school bathroom) are considered the most unflattering.
2. Some mirrors are magnified to show every little flaw.
3. Antique mirrors often have ripples or distortions in the glass; thus, if your face looks pear-shaped, you'll know why.
4. The most important thing to remember, however, is that you are a unique human being and your looks are just part of what makes you special.

Oh, one more thing. Unfortunately, if the mirror breaks, you really are ugly!

hey!... my face is full
of newsprint!

